



NEW (s) HORIZON

Volume 11 Issue 11

A NEWSLETTER FROM THE
WALPOLE COUNCIL ON AGING

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WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

Telephone 508-668-3330 Fax 508-660-7363 e-mail wcoa@walpole-ma-gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING.
OUR NEXT MEETING IS MAY 23 AT 1:30PM AT THE NEWELL CENTER AT WALPOLE TOWN HALL

The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:

Exercise programs twice a week

Nutrition programs, VNA Clinics

TRIAD Yoga

Socials Outreach Services

Podiatrist Card Games

Transportation- shopping, medical appointments, special trips

Educational Financial programs

Knitting group Writing group

Bingo Veterans Group, Dominos, Whist, Bridge

PLEASE CONSULT YOUR WALPOLE NEWSLETTER FOR TIMES AND DATES OF THESE PROGRAMS!

WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM



WALPOLE CLUB OF THE MONTH

Dominos is played every Monday afternoon a 1:00pm
New members welcome but must bring their own dominos

Enjoy life—It has an expiration date

A LAUGH A DAY

They say that marriages are made in heaven. BUT so is thunder and lightning !

Clint Eastwood

THE JOYS OF AGING

I have become quite a frivolous old gal.
I'm seeing five gentlemen every day!
Will Power helps me out of bed.
When he leaves, I go see John.
Then Charles Horse comes along and when he is here,
he takes a lot of my attention
When he leaves, Arthur Ritis shows up. Arthur doesn't
like to stay in one place to long, so he takes me from
joint to joint.
After a busy day like this, I'm really tired and ready to
go to bed with Ben Gay.
But people have been telling me they think Al Zeimer
is on his way to stay with me.
We maybe I'll be able to handle all six of them!!
By Rhoda Makover

DO NOT CALL CONSUMERS

Do you want to reduce telemarketing calls?
Sign up now for the Massachusetts
DO NOT CALL REGISTRY
(including cell phones)
You can register I two easy ways:
Register online: www.mass.gov/donotcall
Or call toll free: 1.866.231.2255



Any interest in a "Golden Zumba" program. We have a teacher available to give lessons if enough interest is shown .Call 508-668-3330 if interested

HINTS BY HELOISE

Instead of spending all kinds of money on expensive cleaners for your bath and kitchen try these simple non-toxic, easy to find, effective, and cheap alternatives:

Vinegar
Baking soda
Salt

A smelly garbage disposal: sprinkle 1 Tbsp. of baking soda in it along with a few drops dishwashing soap liquid. Scrub with a brush) a new toilet brush works well getting all along the interior. Turn the water and the disposal, run for a minute. For a citrus scent, throw in a few cut-up lemons and run through the disposal with water.

A less than fresh dishwasher: sprinkle about 1/3 cup baking soda in the bottom of the unit. Let sit about 30 minutes then run cycle.

Clogged drains: Pour ½ cup baking soda and ¼ cup salt, then ½ cup vinegar into the clogged drain. Wait 20 minutes then run hot water for one minute, then cold water for one minute. Repeat if necessary

THE MOST IMPORTANT RULE OF ALL

"Hopefully, my hints make doing that faster, cheaper, easier, and a little more fun for people. But they're not meant to be your life's work. They're meant to help you get work out of the way so you can enjoy your life."

MAY PROMISE

Winter's worst is safely past;
Window sashes lift a last;
Sleeves grow short as days grow long;
Nights will soon have cricket song.
D.A.W.



MassDOT Registry of Motor Vehicles Program

In today's world, driving a car may seem to be a necessary part of life, however, owning a vehicle and holding a driver's license are privileges that come with a great deal of responsibility.

Join Michelle Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles (RMV) on May 6, 2013 at 11:00am at the Walpole Senior Center for an hour-long program entitled "Shifting Gears."

Ms. Ellicks will discuss issues facing senior drivers, the Commonwealth's rules of the road, recent changes that have taken place at the RMV, as well as the warning signs of unsafe driving. She will also share the requirements to apply for a handicap placard or plate as well as a Massachusetts identification card; the most recent research concerning mature drivers and alternative forms of transportation. Learn what's available in your community. Portions of the program have been featured on WCVB-TV "Chronicle" as well as in the Boston Globe. In July the program received the Outstanding Public Service Safety Award by the American Association of Motor Vehicle Administrators

**SAFE DRIVING WORKSHOP PRESENTED BY THE
REGISTRY OF MOTOR VEHICLES 55 AND OLDER
MAY 6, 2013**

11:00AM

WALPOLE SENIOR CENTER

BAR ASSOCIATION OF NORFOLK COUNTY LAWYER REFERRAL SERVICE

The Bar Association of Norfolk County, founded in 1797 is said to be the oldest Bar Association in the Commonwealth. As a non-profit agency we have a panel of experienced attorneys to assist you in all legal matters. All attorneys on our Referral panel are members in good standing with the Bar Association of Norfolk County. If you have a legal matter and would like to be referred to an attorney to handle this matter please call Adrienne Clarke, 617-471-9693 for assistance. Adrienne and staff will assist you in the selection of an attorney. All telephone calls are strictly confidential. Referrals are free.-if the attorney selected accepts your case a fee may be charged by the attorney. This is a public service to the community from the Bar Association of Norfolk County.



ROBBINS RD COMPOST FACILITY HOURS OF OPERATION

2013

| | | |
|--------------|----------------------|---------------------|
| Spring hours | Saturday 8am to noon | April 6th to May 25 |
| Summer hours | Saturday 8am to noon | June 1st to Oct 5th |
| Fall hours | Saturday 8am to 4pm | Oct 12th to Nov 30 |

**NOW THAT WARMER WEATHER IS HERE IT
IS IMPORTANT TO STAY HYDRATED !**

THE WONDERS OF WATER

HYDRATION. Your body can't function at its most basic level without ample amounts of water. How will you know when you're running low on H2O ? According to the Mayo Clinic, if you are thirsty, constipated, tired or are producing less urine, you may already be dehydrated.

FEELING FULL. Drinking a glass or two of water before a meal can help you practice portion control. This is a great tip because many of us, even those who aren't dieting, tend to overeat.

FLUSHING TOXINS. Staying properly hydrated is the only way we can effectively purge our bodies of toxins.

STAYING REGULAR. This is closely related to flushing toxins but there are other benefits to having regular bowel movements than ridding the body of pollutants. People with chronic constipation are more likely to experience numerous diseases and conditions, from diabetes to colon cancer.

SWEATING. Sweating may be embarrassing sometimes, but it's a necessary function, as it regulates and cools your body temperature .It's a huge boon whenever you're exercising, but if you're not properly hydrated, you won't be able to sweat as much as you need to.

HELPING IN EXERCISE. Water also physically assists you while you do any physical activity. Water lubricates your joints so you can move easily, and it hydrates your muscles to prevent cramping.

WATER HAS ZERO CALORIES AND A HOST OF BENEFITS,EVEN IF YOU'RE NOT TRYING TO CUT CALORIES. SWAPPING WATER FOR SODA CAN STILL HAVE A POSITIVE EFFECT ON YOUR HEALTH. JUST LOOK AT THE INGREDIENT LIST ON ALMOST ANY BRAND OF COLA AND YOU'RE LIKELY TO FIND CHEMICALS SUCH AS PHOSPHORIC ACID (SHOWN TO LOWER BONE DENSITY IN A STUDY CONDUCTED BY TUFTS UNIVERSITY) AND CARAMEL COLOR) A CARCINOGENIC SUBSTANCE THAT THE CENTER FOR SCIENCE IN THE PUBLIC INTEREST TRIED TO PERSUADE THE FDA TO BAN)



| | | | | |
|--|---|---|--|---|
| | | WEDNESDAY 1 Exercise class 10:00 Knitting 10:00 Senior citizen club 1:00 | THURSDAY 2 Walk in Breakfast 8-10 Chickie Flynn Yoga 10:30 Cribbage 1:00 Bridge 1:30 | FRIDAY\ 3 Rock @ Roll Café 8:30-10:30 Bowling 10:00 Writing 10:00 Bingo 12:30 |
| 6 Exercise class 10:00 RMV 11:00 Dominos 1:00 Mah Jongg 1:30 | 7 Stop & Shop Walking Club Whist 12:00 Podiatrist 1:00 Mah Jongg 2:30 | 8 Exercise class 10:00 TRIAD 10:00 Errand Day | 9 Veterans meeting 10:00 Yoga 10:30 Luncheon 12:00 Cribbage 1:00 Bridge 1:30 | 10 Ellis Nursing Home 10:45 Bingo 12:30 |
| 13 Twin Rivers 9:30 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30 | 14 Stop & Shop Walking Club Whist 12:00 Mah Jongg 2:30 | 15 Exercise class 10:00 Knitting 10:00 Roger Williams trip VNA Brown Bag program 1-4:00 | 16 Yoga 10:30 Restaurant of month 11:30 Cribbage 1:00 Bridge 1:30 | 17 Writing 10:00 Bowling 10:00 DA Program 11:00 Bingo 12:30 |
| 20 Wal Mart Exercise class 10:00 Reflexology 10-1:00 VNA Blood Pressure 12:30 Dominos 1:00 Mah Jongg 1:30 | 21 Stop & Shop Walking Club Whist 12:00 Mah Jongg 2:30 | 22 Exercise class 10:00 Movie at Center 1:00pm | 23 Walk in Breakfast 8-10 Yoga 10:30 Cribbage 1:00 Bridge 1:30 COA 1:30 | 24 Bingo 12:30 |
| 27 MEMORIAL DAY | 28 Stop & Shop Walking Club Whist 12:00 Mah Jongg 2:30 | 29 Exercise class 10:00 Walpole VNA Health Fair VNA Health Fair 10-12 VNA Health Talk 1:00 | 30 Cribbage 1:00 Bridge 1:30 | 31 Fun with Finance 11:15-12:30 Bingo 12:30 |

TRIPS

| | | | |
|--------------------------------|---------------------------------|--|--|
| MAY 2, 2013 THURSDAY | CHICKIE FLYNN | RESTAURANT OPENS AT 11:30 VAN WILL LEAVE CENTER AT 11:15 | \$2.50 TO BE PAID AT RESTAURANT PLEASE SIGN UP AT THE CENTER |
| MAY 8, 2013 MONDAY | ERRAND DAY | WE WILL TAKE YOU ANYWHERE IN WALPOLE | CALL CENTER FOR APPOINTMENT |
| MAY 13, 2013 MONDAY | TWIN RIVERS | WE WILL LEAVE THE CENTER AT 9:30 | |
| MAY 15 WEDNESDAY | ROGER WILLIAMS BOTANICAL CENTER | LARGEST PUBLIC INDOOR DISPLAY GARDENS IN NEW ENGLAND | \$10.00 |
| MAY 16, 2013 THURSDAY | RESTAURANT OF THE MONTH | WE WILL GO TO BENJAMIN'S IN TAUNTON | VAN WILL LEAVE AT 11:00AM |

EVENTS AT THE SENIOR CENTER

| | | | |
|---------------------------|---|---|---|
| MAY 3, 2013 FRIDAY | ROCK & ROLL CAFE | HIGH SCHOOL STUDENTS WILL SERVE | PRICES VARY |
| MAY 6, 2013 MONDAY | SAFE DRIVING WORKSHOP WITH REGISTRY OF MOTOR VEHICLES | WILL DISCUSS ISSUES FACING SENIOR DRIVERS | 11:00AM |
| MAY 8, 2013 WEDNESDAY | TRIAD | THE STATE WIDE 911 CALL WILL BE EXPLAINED | YELLOW DOT PROGRAM ALWAYS AVAILABLE 10:00 |
| MAY 9, 2013 THURSDAY | VETERANS MEETING | ALWAYS A GOOD PROGRAM FOR OUR VETS | 9:30 COFFEE 10:00 MEETING |
| MAY 9, 2013 THURSDAY | CHEF JOE & CHEF DON ARE BACK | LASAGNA, SALAD, ROLLS, DESSERT | \$5. |
| MAY 10, 2013 FRIDAY | ELLIS NURSING WILL PRESENT A PROGRAM | WHAT TO DO DURING REHAB. | 10:45 |
| MAY 15, 2013 WEDNESDAY | VNA "BROWN BAG PROGRAM" | INDIVIDUAL TIME TO TALK ABOUT YOUR MEDS | 1-4:00PM IN ROOM 116 |
| MAY 17, 2013 FRIDAY | DISTRICT ATTORNEY'S OFFICE WILL SPEAK ON IDENTITY FRAUD | AND OTHER IMPORTANT SENIOR ISSUES | 11:00AM |
| MAY 20, 2013 MONDAY | HOMEINSTEAD WILL HAVE INDIVIDUAL 1/2 HOUR DEMOS | OF "REFLEXOLOGY" RELAX, RELAX, RELAX IS THE KEY | 10-1:00 IN ROOM 116 |
| MAY 22, 2013 WEDNESDAY | MOVIE AT CENTER | ALWAYS A GOOD MOVIE WITH REFRESHMENTS | 1:00PM |
| MAY 29, 2013 WEDNESDAY | VNA WILL PRESENT A "HEALTH AWARENESS | PROGRAM FOR ELDERS WITH MANY VENDERS | 11:00 |
| MAY 31 FRIDAY | FUN WITH FINANCE WITH EDWARD JONES | A LIGHT LUNCH WILL BE SERVED | 11:15-12:30 |

MAY 2013

ANY ONE INTERESTED IN GOING TO "THE REAGLE PLAYERS"?

SHOW: CHICAGO

DATE: JUNE 22, 2013 2:00PM

PRICE : \$32.00

IF INTERESTED PLEASE CALL CENTER
508-668-3330



Hello,

I just wanted to thank everyone who has given me such a warm welcome in my new role. I am very excited to be the new Council of Aging Director and look forward to all the new opportunities we can accomplish together. I graduated from Quinnipiac University with a double major in Gerontology and Public Relations and Framingham State University with a Masters in Health Care Administration. Before coming to Walpole I worked at Linden Ponds retirement community in Hingham MA for seven years, where I worked in both the independent facility as well as the Skilled Nursing Facility. I have met so many wonderful people already, and hope to continue to meet many more residents of Walpole. Please feel free to give me a call or stop by the center to say hello!

Courtney Riley – COA Director
Town of Walpole
135 School Street
Walpole MA 02081

P: (508) 660-7346



WALPOLE DAY CELEBRATION HAS A NEW VENUE US!

Courtney Riley is very proud to announce that the Walpole Seniors are going to have their own float in the annual Walpole Day Parade, we will also participate in the field activities and have our own table. ALL WE NEED NOW ARE SENIORS! Please call us to if you want to help decorate the float. 508-668-3330

HEALTH AND OTHER IMPORTANT SENIORS TOPICS AT OUR CENTER IN MAY

- MAY 6, 11:00 Registry of Motor Vehicles will discuss issues facing senior drivers; the recent changes that have taken place at the RMV, as well as warning signs of unsafe driving.
- MAY 8, 10:30 A public affairs specialist with the Social Security will be here to help us better understand the Social Security System.
- MAY 10, 10:45 please join Rehab Director of Ellis Rehab and Nursing Center as she discusses what to expect from a rehab stay at our facility. They will bring you from admission to discharge and everything in-between.
- MAY 15, 1-4:00pm VNA will present their "Brown Bag" program bring in your meds and they will discuss with you in confidence .
- MAY 17, 11:00 A representative from the District Attorney's office will be here to talk about financial fraud and other important senior issues
- MAY 20, 10-1:00 We will have a demonstration on "Massage for Older Adults" 1/2 hour session each senior in Room 116.
- MAY 29, ??? The Walpole VNA will hold a health fair in to celebrate "National Senior Health Day"
- Other health care professionals will be on hand to answer any questions you may have.
- MAY 31, 11:15-12:30 "Fun with Finance" will be back with a talk by Timothy Moses from Edward Jones. A light lunch will follow.

CALL THE CENTER TO REGISTER
FOR THESE VERY IMPORTANT IS-
SUES

508-668-3330



NEW(S)HORIZONS

Walpole
Council on Aging
Town Hall
135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330
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Courtney Riley, Director COA
Conchita Geyer, Outreach Worker
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver
Susanne Murphy, Senior Clerk

Dolores Efthim
Chairman COA Board

Meal site
(508) 668-3423

This Newsletter is made possible, in part,
by a grant from the Massachusetts
Executive Office of Elder Affairs.



*Friends of the Walpole
Elder's, Inc.*
**P.O. Box 186
East Walpole, MA 02032**

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Framingham, MA
Permit #179

Senior vans are on the road from 8:30 to
3:30 daily

WALPOLE VNA

The Walpole Area VNA nursing staff
conducts clinics for blood pressure
checks, other screenings and provides
health info at the following times and
places.

2nd Tuesday of the month—Diamond
Pond Terrace Community Building
2:00pm

4th Monday of the month—Walpole
Senior Center, Town Hall 12:30pm

1st Tuesday of the month—Walpole
Wal-Mart 11:00– 12:30pm

3rd Wednesday of the month— Norfolk
Senior Center 12:30pm

3rd Wednesday of the month— Norwood
Senior Center 12:30pm

4th Friday of the month— Dover Town
Hall 1:00pm

1st Wednesday of the month— Shaw's in
Medfield 10:00am

THANK YOU, THANK YOU

*A very big thank you to Ted Hoegler and his "girls" for donating the
eggs for our "Walk in Breakfast"*

TO OUR VOLUNTEERS

*The staff at your Walpole Senior Center wish to thank each and every
one of you for all the help and friendliness you give to clients in need.*

*Volunteers know that the fruits of their labor are lives filled with hope
and hearts filled with joy!*

Thank you for all you do to make a difference in the lives of others.

Courtney Riley
Conchita Geyer
Jane Wulk
Carol Fellini
Jim Hinds
Susanne Murphy

